

# Michinoku Coastal Trail South Miyako Section

Shirahama to Aneyoshi: Two Day Course (Distance: Approx. 27.0km)

## 2 Gassan Viewpoint

There's an observation deck at the top of Mt. Gassan in northern

From there, gaze down on the ria coast of Miyako Bay and the eries of sea cliffs along the coastline to the north. From this scenery of sea cliffs in the north changing to ria coastline to the south, you can tell that Miyako is a geographical turning point on the Sanriku coast. Turn inland to see Mt. Hayachine towering above the rest of the Kitakami Mountains stretching from north



## 7 Tanesashi Beach

8 Honshu's Easternmost Point:

Bus Company Omoe Office

Walk through the forest of giant Japanese red pines and Mongolian oak following the coastline. Be soothed by views of the ocean here and there and the sounds of birds singing. Along the way is Tanesashi nown as a hidden treasure-trove of coastal flower out the plant life was heavily damaged and disturbed by the tsunami. We hope the flowers will recover to oloom in lovely clusters here again.

Cape Todogasaki, Todogasaki Lighthouse

Cape Todogasaki at 142°4'21" East is the easternmost point in

Japan's main island of Honshu. On top of the rocks forming the cape is striking Todogasaki Lighthouse. A lighthouse keeper lived

ere until 1965. A movie called "Times of Joy and Sorrow"

house keeper's family was based on this place. South of the

5 Omoe Fishing Harbor 6 Yona

house is a stone marker for the easternmost point of Honshi



## **10** Aneyoshi Stone **Tsunami Monument**

amage in past tsunamis. The 2011 tsunam eached over 40 meters here. According to





9 Aneyoshi Day Campgroung

st distances and elevations are estimates for your reference only.

Aneyoshi to Osawa, Yamada: One Day Course (Distance: Approx.14.7km)

## 14 Old Village Mountain Pass Road

The Omoe area in Miyako City and Osawa area of Yamada Town weren't connected by a road allowing for cars until about 50 years ago. The national defense force was even brought in to help excavate and build the road on the steep slopes. Before the road was built, the people of the villages in south Omoe Peninsula moved themselves and materials around by boat or on foot. It's hard to even walk this path one way in a single day, yet children reportedly used it. This path is important: it helps us reflect on the inconveniences of older times and admire people's determination.

2 Gassan Viewpoint



## **17** Nanyo-ji Temple Stone Tsunami Monuments

7 Tanesashi Beach

In front of the gate to Nanyo-ji Temple of Osawa, Yamada Town is a stone monument oassing on knowledge of the 1933 Showa tsunami. Next to it is another stone monument puilt after the 2011 earthquake and tsunami. It is engraved with the Osawa area 🍍 esidents' "five vows to protect our lives." One of the vows is, "Tell your children, your grandchildren of this great tsunami. Pass it on, for a thousand years and more."



## Yamada Bay

The mouth of ria-type Yamada Bay is narrow, and wind and waves from the ocean don't affect the bay much, making it calm as a lake. As a result, oyster and scallop farming is a booming industry in the bay, and the cultivation rafts lined up floating in the quiet waters lake for a striking scene. This cultural scenery with its combination of rich ocean natul and human livelihood founded on that richness has been highly praised. As part of a National Park, Yamada Bay is Japan's northernmost designated marine park zone.



Osawakawamukai Bus Stop Aneyoshi Bus Stop Yamada Osawa 11 Chikei **13** Kawashiro 15 Hamakawame 14 Old Village Mountain Pass Road 16 Osawa Reclining Dragon Plum **XDISTANCES AND ELEVATIONS ARE ESTIMATES FOR YOUR REFERENCE ONLY.** 

## Trail Markers

• From Iwate Hanamaki Airport to Morioka Station by Iwate-ken Kotsu Bus. (Approx. 45 minutes)

From Morioka Station to Miyako Station by Iwate Kenpoku "106 Express Bus." (Approx. 2 hours 15 minutes)

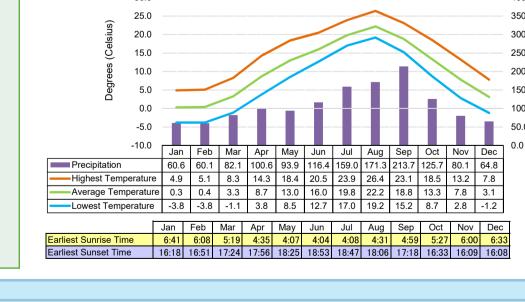
The Michinoku Coastal Trail is marked with stickers, posts, and signboards which have this logo on them to help hikers stay on the correct route. You can rest easy if you see them while hiking the trail.

\*The frequency of trail markers varies by section, so use other landmarks to check where you are.









based on your stamina and experience, the length of the route, and altitude choose a course with difficult parts.

Hike at your own pace. guide to accompany you if you need one or join a group tour. Let's enjoy hiking the trail safely!

## Imagine the whole route. First, plan how to get to your starting point, and consider the distance of the whole route and the time required for it. If you also plan ahead where to eat lunch or have breaks, it will make

the long distance easier to manage and more bearable. Make sure to check where the safety evacuation areas are on your map in case of disaster. Look for point that could be dangerous and this about how to handle them. We recommend you check the tide level and wave height in advance if you pass through along the coast.



Pack gear that fits with your hiking plan. Make sure you don't forget important things and only carry what you really need to avoid

an overloaded backpack. Helpful Items **Necessary Items** Trekking shoes - Trekking poles Backpack Trekking gaiters Layered clothing to regulate body temperature - Mobile phone - GPS unit Compass Water flask or bottled water Flashlight Tissue paper

and with each other as human beings through walking the trail.

みちのく潮風トレイル

Michinoku Coastal Trail

**South Miyako Section** 

http://tohoku.env.go.jp/mct/english

JNTO (Japan National Tourist Organization,
Telephone Inquiry Service (nationwide number)
• • • 03-3201-3331

Morioka Tourist Information Center • • • 019-604-3305

Miyako Tourist Information Center • • • 0193-62-3534

9 am to 6 pm daily except second Tuesday of month and Dec. 29th to Jan. 3r

Northern Iwate Transportation Inc • • • 019-641-1212

(English/Korean/Chinese languages are available)

Godochosha No. 5, Kasumigaseki 1-2-2, Chiyoda-ku, Tokyo 100-8975, Japan.

Tel: +81-(0)3-3581-3351

ABOUT THE MICHINOKU COASTAL TRAIL

The Michinoku Coastal Trail is a long

distance footpath along the Pacific

Soma City, Fukushima Prefecture.

countryside, beaches, and villages.

By traveling on foot, you can learn

Yamase, the unique culture that is

deep-rooted in the region, and the

We can feel our connection to nature

warm hospitality of people.

coast of the Tohoku region between

Hachinohe City, Aomori Prefecture and

The trail is for walking; through forests,

about many things; the threat of nature

like tsunamis and seasonal winds called

9 am to 5:30 pm daily except Dec. 31st to Jan 2nd

Iwate/Morioka Regional Tourist Information Center

• • • 0193-65-1690

• • • 03-3501-0110

• • • 0193-62-3337

• • • 0193-62-4321 • • • 0193-64-1212

• • • 0193-67-2121

· · · 0193-67-2323

Jodogahama Visitor Center

Police English Service

**Fourist Information** 

Railway, Bus

Kawasaki Taxi

♦ Sansha Taxi

Kubota Taxi

Maruyoshi Taxi

Tsugaruishi Taxi

Police (Traffic Accident/Crime)

Fire Station (Fire/Ambulance)

Emergency Services (24/7/365)

JNTO (Japan National Tourist Organization)

Let's start walking for new exciting discoveries!

## TRAIL ETIQUETTE AND RULES

## Cherish our nature

Leave what you find—take only pictures and memories with you. Asian black bears live in some areas around the trail. We recommend carrying bear bells to avoid an encounter.

#### Be mindful of other people on the trail. Please be considerate of other hikers and local people so that everyone can enjoy the trail.

## Bring garbage with you.

Animals can die from eating garbage or harm people while feeding. Bring your garbage back home with you, along with your memories.

## Refrain from smoking and be responsible Smoking may cause a forest fire, so please do

Miyako City

**Average Temperature and Precipitation** 

designated places. Say hello. If you like, try saying hello to people you

not smoke on the trail. Also only start fires in

## meet! Many people can understand English "hello," or you can try Japanese. Good morning: Ohavo aozaimasu.

### Hello: Konnichi wa, Good evening: Konban wa

Stay on the trail. Do not enter the forests, fields and private property that are not on the trail course.

## HIKING THE MICHINOKU COASTAL TRAIL

Choose a course that fits you. Decide which part of the trail you will hike variation. Make your plan carefully if you

Being safe is based on having good judgment Don't strain yourself. You can arrange for a

# TRAIL HIKING GEAR LIST

 Spare clothing - Digital camera Folding umbrella - Reflective gear Insect repellent

First aid kit

Backpacking food Health insurance card (copy is also OK) Portable radio

(We strongly recommend carrying this for safety)